

## **Young Carers Residential Break 2008**

**What:** *An exciting activity packed residential break for young adult carers*  
**When:** *Monday 7<sup>th</sup> to Friday 11<sup>th</sup> April 2008*  
**Where:** *Badaguish Centre, Aviemore*  
**How much:** *Free!\**

### **The Event**

Shared Care Scotland and the Scottish Young Carers Services Alliance are teaming up to offer an exciting five-day residential break for a group of up to 12 young carers aged between 16 and 18.

The week will involve a combination of outdoor activities, team building and communication exercises. With the help of experienced media educators, participants will also gain some basic media skills which they will use to create a powerful awareness-raising DVD resource to help promote the issues surrounding being a young carer. There will also be some time for studying (for those sitting exams) or relaxing and enjoying the surroundings of Badaguish.



It is intended that the residential will also link with the inaugural **National Young Carers Festival** in 2008 by helping to prepare a core group of young people to be involved with the this event.

### **Background**

Shared Care Scotland and the Scottish Young Carers Services Alliance have identified that many young carers do not have access to decision makers, allowing them to present their views on their situations. Young carers face unique pressures at home, school, work and in their social lives and can often find it hard to access appropriate support services. Common issues include isolation and low self esteem.

The residential is designed to help develop communication and interpersonal skills and team-working. These skills will help young adults to advocate on behalf of other young carers and to be more confident and effective at presenting their views and ideas and, perhaps, be more directly involved in local campaigning for improved carers services.

### **Further Information**

For further information please contact Louise Morgan at the Scottish Young Carers Services Alliance: Tel: 01294 318488, email: [lmorgan@carers.org](mailto:lmorgan@carers.org)

**Please note the closing date for applications is Friday 22<sup>nd</sup> February**

### **Support**

We are very grateful to the Scottish Government for their support of this initiative through the Youth Opportunities Fund, and to Media Education.

\* Participants will also be able to claim up to £50 contribution to travel expenses to and from Aviemore.